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ABSTRACT

This learning activity package on the surgical scrub is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a list of definitions, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: surgical asepsis, the surgical scrub, and the surgical scrub procedure. (YLB)

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LAP Learning Activity Package

THE SURGICAL SCRUB

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Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

THE SURGICAL SCRUB

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SURGICAL SCRUB LAP

OBJECTIVES

AFTER YOU COMPLETE THIS LAP, YOU WILL BE ABLE TO:

1. DEFINE SURGICAL ASEPSIS.
2. PERFORM THE SURGICAL SCRUB.
3. STATE THE PURPOSE OF THE PRELIMINARY WASH.
4. EXPLAIN THE PURPOSE OF THE SURGICAL SCRUB.

MATERIALS NEEDED

PEN OR PENCIL

NOTEPAPER

WORK SHEETS*

STUDENT PERFORMANCE CHECKLIST*

SINK WITH KNEE OR FOOT CONTROL WITH RUNNING WATER

STERILE SCRUB BRUSH OR SPONGE

GERMICIDAL SOAP IN DISPENSER

ORANGEWOOD STICK OR NAIL FILE

WALL CLOCK

STERILE TOWEL

*PICK UP WORK SHEET AND STUDENT PERFORMANCE CHECKLIST BEFORE BEGINNING LAP.

THE SURGICAL SCRUB IS DONE BY ALL PERSONNEL WHO WILL BE ASSISTING IN A STERILE OPERATIVE PROCEDURE AND TOUCHING STERILE INSTRUMENTS AND MATERIALS.

THE SURGICAL SCRUB IS DONE PRIOR TO PUTTING ON STERILE GOWN AND GLOVES IN ORDER TO MAINTAIN SURGICAL ASEPSIS.

DEFINITION OF SURGICAL ASEPSIS

PRACTICES THAT RENDER AND KEEP OBJECTS AND AREAS FREE FROM ALL MICROORGANISMS, PATHOGENIC AND NONPATHOGENIC

PATHOGENS ARE DISEASE-PRODUCING BACTERIA. NONPATHOGENS DO NOT CAUSE DISEASE.

THE SURGICAL SCRUB BEGINS WITH A PRELIMINARY WASH TO REMOVE SURFACE BACTERIA.

PATHOGENS

NONPATHOGENS

PROCEDURE:

1. ALL JEWELRY MUST BE REMOVED FROM HANDS AND ARMS BEFORE STARTING THE SURGICAL SCRUB.

2. TURN THE WATER ON WITH THE FOOT OR KNEE CONTROL, AND ADJUST THE WATER TEMPERATURE TO A COMFORTABLE LEVEL.

3. ADJUST THE RATE OF FLOW SO THE WATER DOES NOT SPLASH. ALWAYS SCRUB UNDER A STEADY STREAM OF WATER.

4. WET YOUR HANDS AND FOREARMS.

5. HOLDING HANDS UNDER GERMICIDAL DISPENSER, APPLY A SMALL AMOUNT OF GERMICIDE BY USING FOOT PEDAL.

   ADD A SMALL AMOUNT OF WATER TO PRODUCE LATHER.

6. WASH HANDS AND ARMS THOROUGHLY TO APPROXIMATELY 3 INCHES (8 CM) ABOVE THE ELBOW.

7. CLEAN THE FINGERNAILS WITH AN ORANGEWOOD STICK OR NAIL FILE.

8. REMOVE ALL TRACES OF LATHER AND SOIL BY CAREFULLY RINSING HANDS AND ARMS, KEEPING ELBOWS LOWER THAN HANDS.

REVIEW # 1.

DO YOU REMEMBER?

(WRITE YOUR ANSWERS ON "YOUR VERY OWN WORK SHEET.")

1. WHAT IS THE PURPOSE OF THE PRELIMINARY WASH?

2. WHEN IS THE SURGICAL SCRUB NEEDED?

3. WHAT IS THE DEFINITION OF SURGICAL ASEPSIS?

4. WHAT JEWELRY IS PERMITTED TO BE WORN DURING THE SURGICAL SCRUB?

5. ARMS SHOULD BE WASHED APPROXIMATELY _____ ABOVE THE ELBOW.

6. FINGERNAILS SHOULD BE CLEANED WITH AN _____ _____ OR _____ _____.

7. WHILE RINSING, ELBOWS SHOULD BE KEPT _____ THAN HANDS.

CHECK YOUR ANSWERS ON THE NEXT PAGE.

IF ANY ARE INCORRECT, PLEASE REVIEW.

IF ALL ARE CORRECT, GIVE YOURSELF A

AND CONTINUE ON.

REVIEW # 1.

ANSWERS TO "DO YOU REMEMBER?"

1. To remove surface bacteria

2. Prior to assisting with a sterile operative procedure

3. Practices that render and keep objects and areas free from all microorganisms, pathogenic and nonpathogenic

4. None

5. 3 inches (8 cm)

6. Orangewood stick or nail file

7. Lower

YOU ARE NOW READY TO START THE SURGICAL SCRUB. USE EITHER A BRUSH FROM A STERILE CONTAINER OR A WRAPPED, STERILE, DISPOSABLE SCRUB BRUSH OR SPONGE.

1. MOISTEN THE SCRUB BRUSH OR SPONGE, APPLY GERMICIDAL SOLUTION FROM THE DISPENSER, BEING CAREFUL NOT TO CONTAMINATE THE BRUSH OR SPONGE BY TOUCHING THE FAUCET OR SOAP DISPENSER.

2. ALL PARTS OF YOUR HANDS AND ARMS MUST BE SCRUBBED THOROUGHLY.

3. START WITH YOUR FINGERNAILS, HOLDING YOUR PALM UP, WITH NAILS PERPENDICULAR TO BRUSH OR SPONGE.

4. BRUSH LATHER UNDER NAILS VIGOROUSLY. CARE MUST BE TAKEN TO AVOID SPRAYING SOAP OR WATER ON YOUR APPAREL.

5. AFTER COMPLETELY SCRUBBING THE NAILS, MOVE TO THE FINGERS. SCRUB ALL SIDES OF EACH FINGER, INCLUDING THE WEB SPACES BETWEEN THE FINGERS.

6. NEXT, SCRUB THE PALM AND THE BACK OF THE HAND.

7. PROCEED TO THE FOREARM. AS YOU PROGRESS UP TO THE FOREARM, KEEP HANDS RAISED ABOVE THE LEVEL OF THE ELBOW, SO THE CONTAMINATED WATER AND LATHER WILL DRAIN AWAY FROM THE AREAS YOU HAVE ALREADY SCRUBBED.

8. SCRUB COMPLETELY AROUND THE ARM AND TO ABOUT 3 INCHES (8 CM) ABOVE THE ELBOW. SCRUB WITH SHORT STROKES AND IN A CIRCULAR MOTION.

9. GOOD LATHER SHOULD BE MAINTAINED THROUGHOUT THE SCRUB. GERMICIDAL SOLUTION IS HIGHLY CONCENTRATED, SO SMALL AMOUNTS OF WATER ADDED TO THE BRUSH WILL PROVIDE ADDITIONAL LATHER AS NEEDED.

10. BEGIN THE SCRUB ON THE SECOND HAND, FOLLOWING THE SAME PROCEDURE USED ON THE FIRST HAND AND ARM.

11. WHEN THE SECOND HAND AND ARM ARE COMPLETELY SCRUBBED, DISCARD THE BRUSH.

12. STARTING WITH YOUR HANDS, KEEPING THEM ABOVE THE LEVEL OF YOUR ELBOWS, RINSE FROM FINGERTIPS TO ELBOWS, MOVING HANDS AND ARMS THROUGHOUT THE RUNNING WATER.

13. DO NOT USE YOUR HANDS TO REMOVE ANY LATHER.

14. WHEN ALL LATHER IS REMOVED FROM BOTH HANDS AND ARMS, TURN OFF THE WATER WITH KNEE OR FOOT CONTROL.

15. THE ENTIRE SCRUB SHOULD TAKE FROM FIVE (5) TO TEN (10) MINUTES, DEPENDING UPON THE POLICY OF YOUR FACILITY.

16. KEEP HANDS UP, ARMS ABOVE THE WAIST AND AWAY FROM YOUR BODY.

17. YOU ARE NOW READY TO DRY YOUR HANDS ON A STERILE TOWEL AND PUT ON A STERILE GOWN AND GLOVES, AS REQUIRED.

ACTIVITY

NOW THAT YOU HAVE READ THE STEPS ONE BY ONE, SELECT A PARTNER TO CRITIQUE YOU, USING THE STUDENT PERFORMANCE CHECKLIST AS YOU DEMONSTRATE THE SURGICAL SCRUB. INSTRUCT YOUR PARTNER TO CORRECT YOU, IF NEEDED.

REPEAT THE PROCEDURE, STEP BY STEP, UNTIL YOU REMEMBER THE PROPER SEQUENCE.

WHEN YOU FEEL YOUR PERFORMANCE IS **OUTSTANDING**, TAKE THIS LAP WITH YOUR COMPLETED WORK SHEET TO YOUR INSTRUCTOR, AND EXCHANGE IT FOR THE LAP FINAL REVIEW.

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

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